



Mental Health Awareness Level 1

This course will raise your awareness of the issues surrounding mental health difficulties; dispel some of the myths and misconceptions frequently linked to mental health issues; and develop your knowledge of the rights of those with mental health issues.

Suitable for anyone with an interest in mental health issues, this course complements study in a range of areas such as education, counselling or health and social care. It is also useful for those working in supporting roles or with the general public.

Code: **GU4468**

Start date: **22nd May 2018**

Day: **Tuesday**

Duration: **7 weeks**

Time: **6pm - 9.30pm**

Cost: **£91/FREE**

Venue: **Redbridge Institute
Gaysham Avenue
Gants Hill, Ilford**

Address

Redbridge Institute
Gaysham Avenue
Gants Hill
IG2 6TD

Telephone

020 8550 2398

Email

enquiries@redbridge-iae.ac.uk

Website

www.redbridge-iae.ac.uk